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Chebucto News

Vol.21 • No.3
November 2019

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– Up Close & Personal – A Tribute to Hon. John M. Buchanan

by Gerry Mendleson

In June of 1975 I had the good fortune to be hired by then Opposition Leader, Hon. John M. Buchanan as his Research Assistant. Being a life-long Tory and someone who was always interested in politics ... this was my dream job! But the real bonus for me was to work with this outstanding man for the next 15 years ... who possessed some wonderful personal qualities ... something the public never really got to see.

I recall hearing the story of a lady who called John at his home late one cold winter night. She said she had just been evicted from her apartment on the weekend, had 2 young kids with her, had no place to go and they hadn't eaten in a while. John asked the lady where she was, and then told her to wait there and he would meet her in a half hour. John picked her and her kids up and drove them to a motel he owned on the Bedford Highway, instructed staff to provide them with a room at no charge, and to make sure they got fed. It took John a few days to make arrangements with Community Services, but eventually DFS got the family settled in.

Shortly after I joined the Opposition Office's staff in the mid 1970's, numerous Nova Scotians were facing huge increases in electricity rates. Unfortunately, many people just could not keep up with the much higher electric bills, and thus the Nova Scotia Power Corporation was disconnecting power from a lot of homes due to non-payment. People were calling our office asking to speak to John Buchanan to see if he could do anything to help them get their power restored;



especially those who had their power disconnected in the middle of winter. As John, at that time, was Opposition Leader but not the Premier, he was in

no position to order the Nova Scotia Power Corporation not to cut off anyone's power in the middle of winter. Instead he assigned me to handle all

the calls coming in from people who had their power disconnected.

So, I started to contact some of the key people at the Power Corporation and simply acted as a mediator / negotiator to make an arrangement for usually partial payment, and managed to get the power turned back on in almost all cases. Handling this event the way he did was in keeping with John Buchanan's desire to help people who needed help and who were facing desperate time.

I also vividly recall that on the very first day that the Progressive Conservative Party won election and moved into Province House as the new Government, I got a call from our new Premier to come down to his office. He asked me to contact a certain gentleman at the Paraplegic Association and ask them to provide me with the top 2 or 3 actions they wanted the new Government to take on their behalf. With all the issues facing our new Premier, such as increasing Power Rates, uncertainty at Sydney Steel, and a host of other major issues, this was the very first request Premier Buchanan asked of me. He clearly recognized that people with disabilities needed help to get around in their daily lives and, once again, demonstrated that if someone needed his help, he was ready to do whatever he could.

Another unique characteristic John possessed was his legendary memory for remembering people's names; who they were related to; and what part of the Province they had family roots in. However, in doing research for John, I discovered he also had an iron trap
(See Tribute on page 2)

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Tribute

(continued from page 1)

memory for dates, events, and comments made, usually, by his political opponents. He would ask me to find a comment by someone and would be able to tell me around when the comment was made, as well as which paper quoted it in a story. This made my job so much easier. Recently, when I paid a visit to the Buchanan household – John asked me “Gerry, how did you ever manage to find those documents so quickly?” to which I replied, “Well John, because you were able to direct me to approximately where I could find the requested documents, it then became quite easy after a while.”

John’s phenomenal ability of knowing Nova Scotian communities like the back of his hand became a very important factor one snowy evening. John and his very good friend, Member of Parliament and future Defence Minister Bob Coates, and myself were travelling back from a meeting held in Western Nova Scotia. As usual, with both John and Mr. Coates deciding to talk to everyone in the community hall, we left the meeting somewhat later than we expected.

As we started to head back to Halifax, the snow started to blow pretty good and the highway was quickly covered in snow and slush. Having to drive slowly meant our arrival back in Halifax was going to be much later than anticipated. Then, around 2:00 o’clock in the morning, I glanced at the gas gauge and noticed we only had about a quarter of a tank left, not enough to make Halifax. I suggested we pull in to a motel for the night, but then John turned to me and said “No

Gerry, I promised Mavis I’d be home tonight.” I responded that I doubt if there were any gas stations open anywhere at that time of night. So, then John’s phenomenal memory kicked in and he said, “I know this fellow who has a gas station about 10 miles from here.” “Well,” I said, “he is probably closed.” John replied, “No, I’ll call him!” So, we soon pulled into the gas station, and I’m thinking ‘would John actually have the guy’s phone number?’ John said, “Well, his home number would probably be found on a sticker in the window. Fortunately, John found the phone number and fortunately again, they had an outdoor telephone booth. So, John calls and wakes up this guy around 2:30 am and says “Hello, It’s John Buchanan. Can you help us? We’re heading back to Halifax but running out of gas.” So, in half an hour, the owner of the gas station shows up and then we made a beeline for Halifax. If it weren’t for John’s phenomenal memory and knowledge of Nova Scotia, I hate to think how things could have ended up.

One more story on how John always wanted to help people directly. It was the beginning of March Break and I get a call from the Premier’s secretary to ask me to come over to the Premier’s Office as the he had an assignment for me. His secretary advised me that before he left on March Break, the Premier wanted me to undertake the annual daffodil campaign to raise money for the Cancer Society. Not having ever done this before I was a bit unclear as to exactly what I was supposed to do, so I asked the Secretary for some advice and was informed that I was to spearhead the campaign straight across the province.

I didn’t know how I’d be able to do that, but I knew raising money in the fight against cancer was very important to the Premier. When the Premier returned, he was so happy with the result, which was a record setting amount of money for the year that he kept appointing me to manage this project each and every year thereafter raised new record contributions until Mr. Buchanan left the Premier’s Office. I became very proud of what I was able to accomplish for such a worthy organization ... and after my first years’ jitters were over, I was very happy and proud that Premier Buchanan assigned that responsibility to me. Throughout the years, John would throw a few curve balls my way ... probably just to see if I could handle it. I was always pleased that the Premier of our Great Province showed in me that kind of confidence.

So, as the Chapter on the life and times of John Buchanan has now ended, I hope the people of Nova Scotia ... and particularly the people of Spryfield whom he represented in the Nova Scotia Legislature will remember him kindly for his wonderful deeds, his many accomplishments and his genuine humanity.

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The Raven Espresso Boutique

by Lorrie Boylen

Have you ever noticed that fabulous teal coloured 1969 vintage trailer by St. Michael's Church? That's The Raven Espresso Boutique, and Chantelle is waiting to serve up some tantalizing treats for your taste buds.

The café has been open for 1 year and 5 months, and she's been at St. Michael's for a year now. She used to move the trailer around to farmers' markets and other events, but her regular customers couldn't find her, so now she stays put and lets them come to her.

Chantelle has been a barista in the coffee world for 15 years and it's easy to recognize that it's her true passion. She always wanted to have her own café and explored Halifax, Fairview, and Dartmouth as potential locations. When she bought a house in Spryfield, she realized it was lacking a speciality coffee shop and would be the perfect place to set up her new business.

While she was still deciding on a location to open her new business, she kept seeing a lot of ravens and really took note of them. She took it as a good omen that she was making the right decision and decided to name her café after the bird. She found a storefront location in Spryfield, but when things fell through and she found the trailer, she knew it was meant to be. It was in great shape and even was equipped with a very rare propane powered manual espresso machine. She installed a permanent awning structure on the outside of the trailer to protect her customers during inclement weather.

Her goal is to bring the highest quality coffee at an affordable price. Having a trailer with low overhead allows her to keep her prices low. In fact, her regular coffee is same price as Tim Hortons, just \$2 tax included. She uses Java Blend coffee and her tea comes from the World Tea House. She has fresh baked goodies like scones, muffins, cookies and cheese-cake delivered every morning from Tart & Soul. One of her most popular sellers is the Breakfast Bagel, which is stretched out bagel dough, with an egg in the centre, cheddar and double smoked bacon.

If your mouth is watering but you're wondering if she can accommodate your dietary restrictions, have no fear! She offers vegan and gluten free options, as well as milk alternatives like soy, almond, coconut and oat, at no extra charge. And she can make your favourite coffee beverage iced or decaf.

Chantelle is very keen on giving back to the community. She has a donation jar for the Spryfield Farmer's Market token program, making it easy for her customers to help those less fortunate. Reaction has been positive, as people appreciate that it's going right back into our community.

Her tiny boutique supports local, and she sells cards created by local artist Kerry Hodgson and friendship bracelets and keychains created by A.J.'s bracelets. On display is a custom buoy created for the café by Nauti State of Mind. Although she doesn't sell these buoys from her trailer, some pieces are on display, along with business cards. The relationship with local artisans is a symbiotic one, as social media posts get cross-shared and everyone wins by gaining new customers.

She's one of the few (or possibly only) food truck that stays open all winter. Because she's propane powered, she's open even when the power is out. She recently began accepting debit and credit, which will make things much more convenient for customers in this age of cashless transactions.

You can find the Raven Espresso Boutique on Facebook and Instagram, where she posts once or twice a day with things like her scone of the day.

Be sure to swing by some day and check out the Raven Espresso Boutique. It's open Monday to Friday from 8 a.m. to 1:30 p.m., Saturday from 9 a.m. to 1:30 p.m., and closed on Sunday. If you're moved to take a photo of this unique little café, please do! The café is very photogenic and Chantelle loves seeing the photos that people post on social media.

(Lorrie Boylen is a Writer, Administrative and Communications Professional and CBC Radio's Community Contact for Sambro)



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DISCOVERING OUR PAST

Old newspapers provide items of interest for community histories

by Iris V. Shea

Browsing through early newspapers can sometimes be tedious but every so often an item of interest is found. The Halifax Gazette, which began in 1752 and renamed the Nova Scotia Chronicle and Weekly Advertiser, was printed by Anthony Henry from 1758 until his death in 1801. Henry was one of the first landowners in Leiblin Manor (1767), later known as Spryfield, and in Harrietsfield (1773). Henry Lake in Harrietsfield bears his name. In 1765 a subscription to his newspaper cost 12 shillings per annum. His Halifax printing business was located on Grafton Street, and later on Sackville Street.

The following advertisement appeared in the October 13, 1765 issue of Henry's newspaper: "To be sold or let for a term of years. An island called Russell's Island at the entrance to the North West Arm, with 300 acres of land close behind it, well known to be very advantageous for the Mackerel and Cod Fishery. Apply to John Margerum on the Parade". Today we know the island as Spectacle Island in Purcell's Cove.

In the March 14th, 1769 edition of Henry's newspaper, the following advertisement appeared: "To be sold at Public Auction: 500 acres of woodland lying about two miles from the North West Arm, a Bake House and Brew House on Grafton Street, a House and Lott in Dutch Town in Good Repair, all Household Furniture, Horse, Truck and Slay, etc. Private Sale. Enquire Henry Leiblin". This 500 acres of woodland was the grant of land which Leiblin received two years earlier "beyond the North West Arm", lot number four in Leiblin Manor. Captain William Spry purchased and developed this land. The following advertisements reveal the improvements done on the land which eventually became part of early Spryfield.

In the Royal Gazette, 4 Feb. 1783, "To Be Sold, Spryfield Farm: Five miles from town consisting of 1500 acres, between 80 & 100 of which are cleared Upland, the rest in general well clothed with hard or Cord Wood trees. On the premises is a very good Dwelling House, 2 large barns, a stable and a number of other outhouses; a garden Full of all Sorts of Grafted Fruit Trees, now in their prime, the said Farm with a large stock of Cattle,

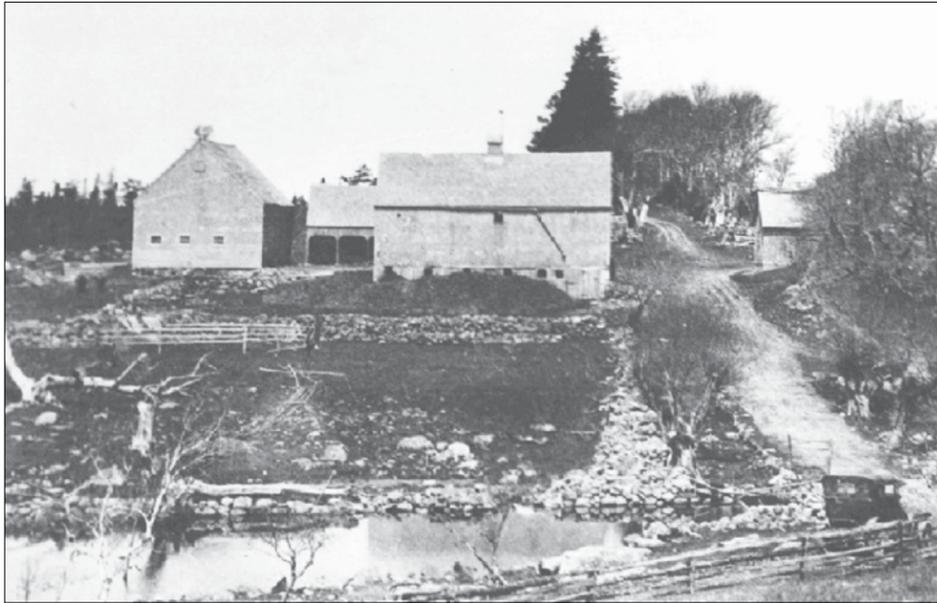


Photo of Kidston Barns, Rockingstone Road, 1923. Courtesy NS Museum. The icehouse, the small building on the opposite side of the road, is still standing. A housing development has replaced the century old barns.

Poultry, etc. As per inventory, being now let on lease to Jacon Bauer for 7 years, two of which are expired, at a rent of £200 Sterling per Annum. Apply to Capt. Wm. Spry". George McIntosh, Esquire, became the new owner of Spry's farm.

The following obituary appeared in London's Gentleman's Magazine, 722 (1802), 692: "On July 12 in Howlandstreet, aged 68, Lieut.-gen. Wm. Spry, commander of the corps of royal engineers. His death was occasioned by a cold caught in attending the ascension of Garnerin's balloon. He was a man of mild and amiable manners, and deservedly respected by all who knew him. He lived but a very short time to enjoy his promotion, about which he had expressed more than common anxiety. He will be succeeded by Major-gen. Morse".

From the Acadian Recorder, 27 July 1816, "The whole range of Spryfield:

It will be sold in different lots, from 5 to 1500 acres. Each lot is provided with wood and water for from two to four farms...also at the same time, the SW side of the NWA from No. 3 to Mr. Letson's Mill Farm. It will be sold in small lots from 50 to 60 acres to accommodate purchasers from Halifax or Spry Field side, that may want a communication with the salt water, for manure or fishing. Apply to George McIntosh, Esq. this newspaper". In 1816 William Sutherland and Robert Findlay each bought a large tract of the Spryfield land. John Howe, Jr. bought two lots on the Northwest Arm as a result of that

advertisement. One thousand acres of McIntosh's Spryfield Farm were sold to William Kidston, Jr. in 1822.

In 1834, an advertisement in the Royal Gazette offered for sale again: "that beautiful Farm at Spryfield...the arable land is deep, strong and productive...it is well watered by beautiful lakes and streams on which there are fine falls for water power mills; a capital situation for washing of wool on the skin or otherwise; a desirable place for establishing the manufacture of wool into yarn, cloth, etc; ...and has a very extensive range of superior pasturage, within secure fencing. It would make a most desirable country residence for a Gentleman, a productive Farm to an agriculturist, or an excellent investment for capital, as it would command a present rent from good tenants. Apply to William Kidston at this newspaper". (The land did not sell and William Kidston died two years later). A small portion of this original farm remains in the Kidston family today with three acres of it leased to the Urban Farm Museum Society of Spryfield.

From the Halifax Mail, Dec. 12, 1930 is this prohibition story: "Mystery Trucks...Residents on the Herring Cove and Melville Cove Roads are mystified during early morning hours by heavy unloaded trucks being driven into the city. It is reported in the district that a car load of rum was landed some days ago near Sambro and that the trucks were used to take the rum from one hiding place to another".

Halifax Mail, Aug. 7, 1942, from

Marjorie Major's column: "The Home Nursing Club at Jollimore, successful in exams, were the Misses Mildred Jollimore, Lucy Jollimore, Winnifred Wright, Ruth Wright, Una Redden, Winnifred Mackie, Mrs. Marie Edwards, Mrs. Letson Jollimore, Mrs. George Melvin, Mrs. Allan Jollimore, Mrs. George Rockwell, Mrs. Harold Ashby, Mrs. John Slauenwhite, Mrs. E. Smeltzer, Mrs. J. Burgess and Mrs. C.L. Church. Mrs. M. McIlvaine conducted the class, assisted by Mrs. F. Leverman". The course was given in the St. John Ambulance First Aid building at the Dingle. The little house still stands on the road around the Memorial Tower and is now used for storage.

If you are driving or walking along the Herring Cove Road during the month of November you will see 24 Memorial Banners on the utility poles. This is the third year for them, thanks to Mainland South Heritage Society. The banners are quite high on the poles on both sides of the road, between the Spryfield Mall and Cowie Hill with two more on Dentith Road. The banners are in honour of local servicemen who were killed in action during World War One and World War Two.

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Fall happenings at St. Paul's United Church

by Carolyn Mont

There have been many great things happening this fall at St. Paul's United Church in Spryfield. The fall harvest has taken place in our community garden and the garden is just about all put to bed for the winter. No doubt, most of the gardeners are already planning for next year.

In September, we held a free mul-

ticultural event, our Cultural Connections Festival. This was the first such festival we have had and we are now discussing how to make it bigger and better. We chose not to charge for this because we felt that we wanted the community to celebrate our diversity without having to put out any money. Groups from many different countries, who now call The Loop home,

introduced us to their various cultures through music, dance, stories, games, food, pictures and art. Last month's Chebucto News features some lovely pictures of this event.

As we move into the fall season, our busy Soup and Sandwich free lunch has returned. Some of our regular guests have returned, enjoying both the free meal and the opportunity

to reconnect with old friends. Others came for the first time and will hopefully become regulars every Tuesday from 12:00 to 1:30. For those interested in joining us, the number 14 bus stops at our door.

We still have people asking us why we have a sign at our driveway saying water. That's because we supply free (See St. Paul's on page 6)

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NOVEMBER Religious Services Directory

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St. Augustine's Anglican Church (2010 Purcell's Cove Rd)
 Service of Holy Communion every Sunday at 10 am

City Church (276 Herring Cove Road)
 Sunday Prayer Time: 10:00 am
 Sunday Family Service: 10:30 am
 Nursery & Children's Ministry 10:30 am
 Wednesday Night Prayer: 7:30 PM

Spryfield Christian Community Church (91 Thornhill Dr)
 Church services Sunday 11-12 am

Oromo Gospel Church
 Sunday worship service: 3 pm
 Tuesday prayer: 10 am.

Parkhill United Church (5 Kirk Rd, Jollimore)
 Sunday Service at 9:30 am.
 Nov. 10 Remembrance Sunday Service
 Nov. 23 Annual Rev'd Trevor Phillips Advent Memorial Service to be held at St. Augustine Church, 290 Purcell's Cove Rd at 6:30 pm

St. James United Church (3811 Old Sambro Rd, Sambro)
 Sunday Choir Practice at 10 am; Service at 11:15 am.
 Nov. 10 Remembrance Sunday Service at church
 Nov. 11 Community Remembrance at Cenotaph, St. James Cemetery at 10:45 am
 Nov. 24 Fishermen's Service at 6:30 pm

Emmanuel Anglican Church (322 Herring Cove Rd.)
 Every Sunday: 8:00am traditional service.
 10:00am contemporary service with choir
 November 3: All Saints' Day/Altar of Roses, a day to remember all the saints who have gone before us, especially those in whose memory we place roses on the altar.
 November 10: Remembrance Sunday
 November 24: The Reign of Christ and our Anniversary service, followed by a shared lunch. Everyone is welcome, especially past members of Emmanuel.

St. Michael Catholic Church (6 St Michaels Ave, Spryfield)
 Saturday: 5 pm
 Sunday 11 am

St. Paul Catholic Church (137 Hebridean Dr., Herring Cove)
 Sunday: 9 am

St. Paul's United Church (173 Old Sambro Road)
 Regular Service:
 Sunday, 9:50, Prayer Circle meets
 Sunday 11:00, Sunday worship and Sunday School

St. Peter's Catholic Church (195 Ketch Harbour Road)
 Saturday 6 pm

Salvation Army (328 Herring Cove Rd)
 Regular Sunday worship at 11:00am. Preceded by a prayer meeting at 10:30am

Send in your service details by November 13 for December's issue.

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd. 902-477-5601

Daniel Gordon Henneberry

88 of Sambro, passed away on September 19, 2019 at the QEII Halifax Infirmary site. Daniel Gordon Henneberry was a kind and loving family man. He loved spending time with his children and grandchildren when he wasn't hard at work on the high seas. He supported his family as a fisherman and worked at the Coast Guard in Sambro, Nova Scotia. He had an instinctual love of nature and concern for the world around him. He loved to take his dogs walking or fishing. He enjoyed travelling to his Wednesday game of cards with friends. Dan was a wise man who believed in justice and truth and had the character to match. He will be missed by his loving family, friends and anyone who ever met this extraordinary man. He is survived by his wife, Agnes (Henneberry) Smith; sons, Nicholas (Maureen) Henneberry, Randy; daughters, Karen Henneberry (Derrick Arsenault), Valerie Henneberry (Andrew Allen); sister, Velma "Bunny" Purcell; granddaughters, Kelly Gray, Nicole Henneberry (JP Furey), Kimberly Henneberry, Danielle Henneberry (Joe Lewis), great-granddaughters, Emma Furey, Frankie Elliana Lewis, Charleigh Lewis, great-grandson, Jack Nicholas Furey and his four-legged best friend "papa's girl", Mia. He was prede-

ceased by his parents, Gustavus and Helena (Twohig) Henneberry, brothers, Charles, Harold, Alan, Llewellyn "Louis", Cyril, Norman "Normie" and Augustus "Gussie"; sisters, Vera, Nora and Nettie. Donations in memory of Daniel can be made to the SPCA or Children's Wish Foundation. To place words of comfort and condolence, you may visit www.walkerfh.com.

Elizabeth Marie Cole

Age 41 of Spryfield, passed away on

St. Paul's

(continued from page 5)

water for the people of Harrietsfield who do not have safe drinking water. In summer, we have the outdoor tap on but it will soon be time to turn that off as colder weather approaches, for fear of freezing. We will then invite people to come during office hours to fill their jugs inside.

Spryfield Judo Kai meets in our church hall and recently held a painting party, giving our hall a new coat of paint. The paint had been donated by a member of the congregation and Spryfield Judo Kai had volunteered to do the actual painting; a huge job for which we thank them. The hall looks amazing.

The Spryfield Market has been located at our site this year, a great partnership for them and for us. They gathered every other Sunday, with the market opening as the Sunday service ended.

Members of the congregation have been very busy planning and preparing for a number of great fundraisers. Have a look below and see if any appeal to you. We welcome your support.

November 10 – Our Worship Band is made up of folks who love playing music. On occasion, they play during morning worship but on November 10, we invite you to drop in at 2:00 for a performance. There will be a free will offering for this. That is, you pay what you want to pay.

November 15 – The United Church Women (UCW) will be at Scotia Square where they will be selling baked goods, jams, pickles and crafts. This is a good opportunity to do some Christmas shopping.

November 24 – Pick up pre-ordered Christmas wreaths. These beautiful 24 inch evergreen wreaths come with a bow and you then add any more decorations as you wish. They must be pre-ordered by November 10. Call Valerie Keddy at 902-477-9834.

November 30 – We host our Turkey Supper. The cost is \$15.00 and includes a full dinner, tea and coffee and a dessert wagon with all homemade desserts to choose from. This must be pre-ordered and it sells out quickly. Take out is also available. If interested, call Valerie Connors at 902-423-2441.

FRI: Those letters refer to our Family Resources Institute, the com-

September 23, 2019. Elizabeth enjoyed going for walks with her girls and had a love for dogs. She would listen to her favourite artist Eminem and go for coffee with friends. Elizabeth will be missed by all who knew her, especially her pride and joy, her daughters. She is survived by her daughters, Hailey and Rachel. Elizabeth was predeceased by her parents, William and Judy Cole; brother, William Jr. To place words of comfort and condolence, you may visit www.walkerfh.com.

Dryden Earl Lewis

Age 54, Herring Cove, passed away

community ministry of the church. Our Soup's On, our community garden and our long running food bank fall under the umbrella of FRI. It is rare for a food bank to distribute food from more than one site but the food bank at FRI has two sites, from the church on Wednesday morning and from Greystone on Wednesday afternoon. The FRI staff also delivers food to JL Ilsley High School for students. FRI has 2 staff people, full time Kristen Hollery, Community Ministry Director and part time, Rena Elder-

on September 26, 2019 at home. Dryden loved fishing, hunting, skiing, ATVing and playing darts. He had a love for old school music especially Randy Travis and George Jones. He is survived by his Fiancée, Deanna Earl (Halifax); mother, Julianna (Halifax); sons, Trevor, Christopher; brothers, Terry, Todd; sisters, Susan and Jane (Richer) all New Brunswick. He was predeceased by his father, Bryden Lewis. Donations in memory of Dryden can be made to the Heart and Stroke foundation. To place words of comfort and condolence, you may visit www.walkerfh.com.

shaw, Food Bank Coordinator. FRI belongs to the provincial food bank association, Feed Nova Scotia and we are also an affiliate member of Food Banks Canada. Kristen, representing FRI, is the only representative on the national food banks task force to represent Atlantic Canada. FRI is at that table to give the perspective of all small food banks in Canada. It should also be noted that the staff at FRI are very fortunate in having a number of dedicated volunteers helping them.

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Spryfield Business Commission

NEWS & VIEWS
from the desk of Bruce Holland



SANTA CLAUS PARADE

The 46th Annual Santa Claus Parade is scheduled for Sunday, November 24, 2019 at 2:00 pm. This is the longest running parade east of Montreal and is a much anticipated event for our community every year.

As you can imagine, there are significant costs associated with an event like this, including policing, insurance, costumes, decorations and materials. The generosity of our community is renowned, and we hope that local businesses, community groups and individuals will continue their financial support to help make this year the best parade yet. To make a donation or a parade entry, please email bruce@discoverspryfield.ca.

WORKPLACE EDUCATION COURSES

Each season, the Spryfield Business Commission partners with the Department of Labour and Advanced Education to offer valuable free programs to employees, self-employed persons, and business owners to strengthen their skill set. We would love to hear what skills you would most like to learn, so that we can incorporate those into our schedule in the

future. Please contact Bruce Holland with your ideas.

CHRISTMAS WREATHS

SBC is once again pleased to be part of the initiative to place Christmas Wreaths on the light standards in the business district along the Herring Cove Road. We're happy to support the fundraiser at St. Paul's United Church, and thankful for the beautiful wreaths they provide. Many thanks also to Bruce VanBuskirk and Blade Landscaping. We hope that all business owners, employees, community groups, residents and visitors to Spryfield will have a healthy, safe and peaceful holiday season.

RURAL BUS SERVICE UPDATE

The grant application for the Ketch Harbour/Sambro/Spryfield Rural Bus was approved by Metro Transit but we are still awaiting approval from the Province. Status inquiries have gone unanswered. We hope to have a pilot project up and running after Christmas. Over the next few months, we'll be reaching out to community members and the general public to ensure everyone is on board. I'd love to hear from anyone interested in serving on an Advisory Committee.

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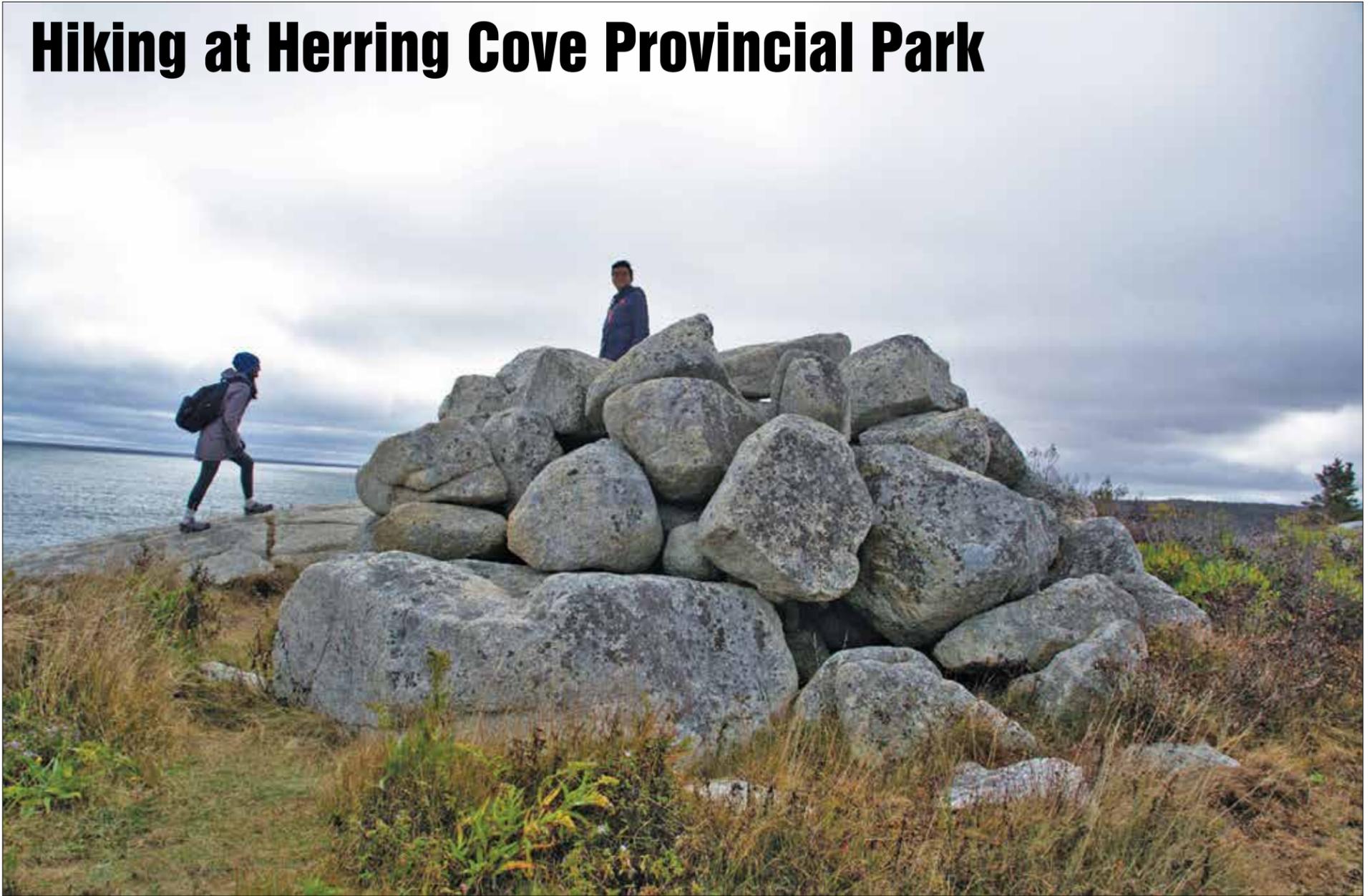


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www.waternwine.com

Hiking at Herring Cove Provincial Park



A large pile of stones along the trail puzzled hikers and sparked conversation

Story and photos by Sam Ramsay

It was cloudy and a little brisk at 10:15 AM on Sunday, October 13, but a group of determined adventurers gathered nevertheless to explore a local hiking trail. The hike was led by “Trips by Transit”, a group which aims to show people all the natural paths and trails available to them even if they don’t have access to a car. Thomas Baker, who led the trip, admits that this can limit them, but feels it is important to highlight the places that are available through the public transit system, and the increase access it can provide.

The group of hikers gathered at Mumford terminal before taking the bus down to the Herring Cove Provincial Park. Because the bus doesn’t go all the way to the park a little walking was required before the hike began, but everyone took it in stride and admired the beautiful fall colours. The

hike itself was along the rocky coast of Herring Cove, and included some picturesque photo locations overlooking the waves.

In addition to the rocks and waves, the hikers also got to watch a cargo ship being piloted out of the harbour, guess at the identities of local plants, and puzzle over the meaning of a large pile of stones along the trail. Hikers brought food and got a chance to eat at the end of the trail before returning back to the road and taking the bus home.

This hike was made available by Trips by Transit in partnership with Hike Nova Scotia as part of their guided fall hiking series. Nova Scotia has many beautiful natural trails and scenery, and hiking with others is a fun and exciting way to get familiar both with the community and the natural environment.



The group of hikers met at Mumford Terminal before travelling to the hike location

After getting off the bus, a little walking was required before the hike could begin



The rocks and waves were a great backdrop for photos, and entrancing to watch



As we settle into November, most people start gearing up for the holiday season. No matter which of the holidays you celebrate in December, be it Chanukah, Christmas, Kwanzaa, or the Solstice, food and gifts will undoubtedly be a part of it. This year, as you make your plans, why not plan to shop locally? With so many wonderful small businesses in our community, there really is no reason to go elsewhere. Many of the businesses listed below will be familiar to those of you who frequented our Spryfield Farmers Market this year, and in years past.

If you are looking for the perfect gift for the vegan on your holiday list, check out

Lodestone Soap Co. All of their products are derived from natural plant ingredients and tested only on the owner, who worked as a botanist for over 30 years. Their online shop can be found at lodestonesoaps.com. For those environmentally conscious people on your list, Seascape Knits is the perfect fit. All of their yarn comes from either a Maritime supplier, or a previously loved wool item of clothing found at a thrift store. You can find them online at <https://seascapeknits.wixsite.com>.

What's a holiday gathering without a great meal? How about doing something different for supper this season and try some Pakistani food? Brother K's Halal Shack would be a great alternative to cooking. They offer catering, as well as grocery supplies for the adventurous chef. If Pakistani isn't your style, give the Nomad Gourmet a try. Don't let the food truck fool you; they are anything but roadside fare. All menu items are crafted from scratch with the freshest ingredients; which are sourced locally. They can be found online at <http://www.nomadgourmet.ca>. Did you sign up to bring dessert to an event this holiday season, but don't have the time or skill to cook? Mrs P's Homestyle Bakery has you covered. Pound cake, cookies, pies, cinnamon rolls, and their famous oatcakes are made fresh every day. Check them out at <https://mrs-p-bakery.com>

After the holiday season is over, we all want to start the new year off on the right foot. For many, that means starting a new exercise routine. This year, maybe it is time to skip the gym and give yoga a try instead. Aumbience Yoga studio offers something for everyone. Not only do they offer classes for all ages and experience levels, they also offer massage and acupuncture therapies. Check them out at <https://www.aumbienceyoga.com>.

Shopping local is a great way to support our local community, and the environment. Let these, and other, local businesses make your holiday season fun and stress free.

Mrs. P's HOMESTYLE BAKERY

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Farmers Market at the Forum every Saturday 8-1
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Winter's Tail Market

In support of Halifax Cat Rescue Society
December 1st @ 9am - 1pm
Spryfield Lions Park, 111 Drysdale Road

\$1.00 admission
All door fees & half of the table fees go to NCRL

HCRS
Halifax Cat Rescue Society
www.catsinhalifax.ca

Brother Khurshid's Halal Shack

Facebook: BrotherKhurshidHalalShack
Cell 902-221-2754 or 902-464-2525

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Vegetable & Meat Options
Monthly or Weekly options available
Delivered fresh twice weekly

Brother Kurshid's Halal Shack
5 Hartlen Avenue, Halifax
902-221-2754 or 902-464-2525
FB: Brother Kurshid's Halal Shack
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Spryfield market closes until next Spring

by Melissa Boucher-Guilbert
Spryfield Community Market Society Chair

Winter is coming!

The last five months unveiled a series of fresh events for the Spryfield Farmers Market. After we changed our venue, our hours of operation, and even our name, we put our whole heart in and pushed forward to offer you a vibrant indoor/outdoor bi-weekly Farmers Market. We realize that these were a lot of changes in a very short amount of time, and we thank you for jumping on board!

This year we committed to increasing the market's accessibility on all fronts. We adopted a central venue with a large parking lot and accessible entrance. We have felt incredibly welcomed at St. Paul's United Church and are proud to share this venue with multiple community groups. We are grateful for our new home and everyone who has shown their enthusiasm and support by attending the market's events. If you have not been in this hall yet, it's just a matter of time!

We improved accessibility to locally grown delicious food by introducing the market tokens program. What are market tokens? They are a five-dollar denomination wooden token that can be bought by credit or debit card. Our vendors treat them like cash and they get reimbursed at the end of the day. No fees, no running to the bank, and more importantly, no missed opportunities. As a way to give back to our community, we fundraised over \$1000 in tokens which we donated to the Family Resource Institute to distribute through their food bank program. This gave opportunities for more customers to access fresh local food they love.

At every market, we offered an activity for children. We want the

little ones to feel welcome, so we made sure to tailor a place for them at every market. From designing their own board game to creating a tree of gratitude, kids got to craft, colour, and spend quality time at the market. Some parents were thrilled to see their child engage with other kids, for others it meant a couple minutes leisurely looking at an adjacent vendor's table. We know the benefits of having chil-

dren exposed to food diversity early and often, so we strive to make the experience delightful.

Thanks to Bicycle Nova Scotia and the volunteer labour of a wonderful friend, we installed two bicycles racks for the community to use. The Spryfield Farmers Market is now bicycle friendly certified! By doing so we are contributing towards helping make Nova Scotia a bike friendly province

and a top cycling destination.

Finally, with the generous help of our small group of volunteers, 200 tables, 400 chairs, and 72 tents were set up, 36 hours of vibrant music was played, and 180 cups of coffee were brewed this season to make each market event unfold smoothly. This is truly a team effort.

It's with a lot of gratitude that I'm saying: "See you next Spring!"



**SPRYFIELD
 SANTA CLAUS
 PARADE**

**STARTING AT PUNCH BOWL
 PROCEEDING DOWN
 HERRING COVE ROAD TO
 SPRYFIELD MALL ON
 DENTITH ROAD**

**SUNDAY, NOVEMBER 24, 2019
 START TIME 2 PM**

Spryfield
 Business Commission

Wellness drop-in group undertaken

Healthy Minds Around the Loop Association is pleased to announce the start of a Weekly Wellness Drop-in Group - We are calling C.A.M.P.F.I.R.E.s.

One in five residents around the loop will have a drop in their mental health at some point in life. Yes, one in five! That means you or a family member, or a friend, or someone you know at work, and a helping hand can go a long way for mental and social well being.

Beginning October 10th, 2019 Healthy Minds Around the Loop, along with our community partners, as been offering a weekly Wellness Drop-in opportunity at Chebucto Connections, 531 Herring Cove Road. The space is open from 7-9 Thursday evenings offering snacks and beverages. Our focus will be connecting community members with low cost and no cost programs offered to create life balance and wellness.

Healthy Minds Around the Loop Association is a group of community members, residents and mental health practitioners from Spryfield and area who have been meeting regularly to investigate how mental health services can be improved in our community. Our mission is to foster the development of a people-centered system of accessible and inclusive mental health services in our community.

At our C.A.M.P.F.I.R.E. fire codes

do not allow an actual fire, and we hope by providing the space to meet, share ideas and support each other along the way, we will create the same atmosphere. Together, as a community, we can plant the seeds of health,

balance and vitality. Using ideas like hope, support, education, self-expression, and personal responsibility we can find our own paths to wellness. Together we can find the tools to find balance & wellness in our lives.

Join us in being together for Healthy Minds Thursday night from 7-9 at Chebucto Connections 531 Herring Cove Road. A place where everyone is welcome just as they are.

Local author launches second in children's bible story series

– *A story that promotes faith in oneself and the power of love* –

OC Publishing will launch Halifax-based author, Cindy Tingley's second book, Lily's Desert Adventure, on November 1, 2019 in celebration of All Saint's Day. The story is told through the eyes of a little donkey named Lily and continues the adventure from the first book, Lily's Secret.

"Cindy Tingley has taken an historical story and woven a delightfully imaginative tale narrated by Lily, a little donkey," said retired library assistant Marea Prowse. "As Lily, led by Joseph, carries Mary and Baby Jesus across the desert to safety in Egypt she learns many important lessons."

In Tingley's first book, the carrot-munching, care-free Lily overcomes her initial fear and self-doubt of her ability to fulfill a huge responsibility, to take the Holy Family to Bethlehem. Once Lily successfully completes her task, she thinks they can all go home.

But, one night, Joseph wakes her and says they have to hurry to a strange new land to keep Jesus safe. She is off to the desert, her journey still far from over, and another adventure begins.

"It's a sweetly told tale, based on the biblical journey of Jesus and his parents into Egypt. Cindy has a wonderful ability to engage the reader with her detailed descriptions and delightful writing style," said Rev. Anne Hoganson, St. Paul's United Church. "Complete with angels and heart-talking animals, this imaginative story is sure to become a favourite with traditional Christian families."

The author continues the theme from the first book of having faith in oneself and in others. "I want the younger readers to realize that even if they're only little they can do anything they put their mind to," said Tingley. "They can decide if they want something, they can go and do it. Nothing should stop them."

The author says the story came from her love for Christ, his mother and for animals. "Animals are very forgiving, they're very constant," Tingley said. "We can learn from animals as I feel we've lost our way because we've lost the art of heart-talk." Learn more about the 'art of heart-talk' and meet the author at the launch celebration, November 1, 2019 from 6:00 – 8:00 pm at St. Paul's United Church, 173 Old Sambro Rd.

Sports writer wanted

The *Chebucto News* needs a reporter to cover sports events in Spryfield! If you have an interest in writing, the time to cover and report on at least one event a month, and are interested in this **volunteer position**, please email the editor at chebuctoeditor@gmail.com.

TRANSIT SERVICE CHANGES

COMING NOVEMBER 25

As our city changes, so do our public transit needs. The Moving Forward Together Plan is all about improving our transit system to better meet the needs of residents of the Halifax region, now and in the future. With new, more direct and frequent routes, we're making our transit network faster, more reliable and easier to understand.

THERE WILL BE CHANGES TO THE FOLLOWING ROUTES:

15	64	66	80	81	82	83	84
85	87	88	89	90	185	400	

INTRODUCING NEW ROUTES:

8	25	64	66	82	83	84
85	86	87	88	90	91	93
182	183	185	186	415		

Find your changes at halifax.ca/transit or call 311

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MOVING
FORWARD
TOGETHER

“I wanted to make our community better”

by Stephen Adams, HRM Councillor, District 11

28 years ago, October 19, 1991, was my first election to Halifax City Council at 30 years old. That was the first of 8 terms. On October 18, 2019, I announced that I would not be reoffering for a 9th term.

Perhaps the following will offer some perspective, and historical significance, as to how long this is: Since 1991 I have worked on behalf of my district with:

- 4 Mayors
- 8 City Managers/CAOs
- 7 Premiers
- 8 MPs
- and 9 MLAs.

I announced this on the 18th for 2 reasons. The first is personal. It was the eve of my first election to council. My preference would be to do this on the 19th; however, there aren't many press conferences held on Saturdays.

The second reason for the announcement a year in advance is from a practical perspective. District 11, Spryfield – Sambro Loop – Prospect Road is quite large. It takes about an hour to drive from one end to the other, without traffic or lights. A year lead time should give potential candidates time to become more familiar with the area, the issues, and most importantly, the people. It would be unfair to those seeking to run for me to wait until sometime next year to make this announcement.

I still remember the day I first decided to run for Council. It was in 1980. Yes, almost 40 years ago. While my Dad was driving me to Dal, election signs were plentiful along Quinpool Road. I recall quite vividly saying to myself, “Someday, my name will be on these signs. Someday; just not sure what day.” This is one of those situations where you just know when the time is right. And in the spring of 1991, (after a phone call from a friend.) “I knew it was time”!!

I put my name forward because of the way in which Spryfield was portrayed in the media. The negative public perception of our community was unfair and I wanted to make our community better. With the help of a lot of dedicated people, and determination (bordering on stubbornness), we have succeeded.

I was elected by my peers twice as Deputy Mayor. Won my seat by acclamation twice. There were 3 elections that were quite special to me. The first, in 1991, was both exciting and frightening. I had no idea what was in store had I won. Could I do the job? Would I make a difference? What would my manager with my pharmaceutical job think?

In 2008, (2 years after my move from Spryfield) I had 75.74% of the total vote. In 2016, I had 73.22% of the total vote; the highest of any elected councillor in 2016. That last election is significant in that it was my 8th campaign; and as it turns out, my last.

Given the opportunity to represent our many communities has been a distinct honour. I had the pleasure of meeting some intriguing people. The

people, challenges, and our successes ensured no day was ever the same. I have done and seen things most can only dream about. And I wouldn't trade any of it for the world.

I have a lot of good years left in me. But I want them for me and my family. To spend time with my wife, Colleen, and my kids, Alanah and Matt. I am not going to give you the standard, “spend time with my family” line and then go on to another job that takes an immense commitment of

His legacy is secured

by Brendan Maguire, MLA for Halifax Atlantic

Health care update: The Nova Scotia government has approved \$7.46 million to expand dialysis care at the Dartmouth General Hospital.

There are now 10 dialysis chairs at the hospital, and the expansion project will bring that number to 16.

This new expansion will allow an additional 36 patients to be treated at the Dartmouth General every week, bringing the total 100 patients.

The province is building or expanding dialysis units in six communities, including Dartmouth, Halifax, Kentville, Digby, Bridgewater and Glace Bay.

Expansion of Sexual Assault Nurse Examiner Program: More services are being provided across Nova Scotia for people who have experienced sexual assault.

A contract has also been awarded to VON Nova Scotia to expand the program to Colchester and Cumberland counties, East Hants and the Eastern Shore. The VON will work with Nova Scotia Health Authority to train nurses. Once in place, the program will be available through all regional hospitals, providing in-person coverage across the province.

Sexual Assault Nurse Examiners are registered nurses who have advanced training and expertise to provide specialized medical and forensic response. On-call nurses provide emergency care which includes supportive care, medical attention, information and additional resources, as well as the option to have forensic evidence collected.

“Through our partnerships with the five contracted SANE service providers, we are pleased to continue to expand access to this important service for sexual assault survivors in Nova Scotia. These expansions will bring the service closer to home for survivors across the province.” Susan Wilson, provincial coordinator, Sexual Assault Nurse Examiner Program, NSHA

Jackie Barrett to become the first Special Olympian inducted to Nova Scotia Sports Hall of Fame Jackie Barrett, JL Ilsley graduate, became known as the “Newfoundland Moose” for his heavy weight lifts and has been a dominant figure in Canadian Special Olympics power-lifting competitions throughout his career, bringing home 20 gold medals. He has represented Canada as well at the World Special Olympics competition, with 13 first-

place finishes to his credit. time; or move away. I am going to finish writing my book, and maybe finish reading a book. I don't know what else the future holds for me; however, I do know that Council will not be part of it.

I have absolutely no regrets and am very proud of my record.

Also, I'm not one to coast to the finish line in anything I do. So, to my constituents and fellow councillors: There is still work to be done until October 2020; and you can be sure I

place finishes to his credit.

At the 2015 Special Olympics World Summer Games in Los Angeles, he broke the Special Olympics record with a 656-pound dead-lift, and his 611-pound squat broke the Newfoundland men's master-1 super-heavyweight record.

I have personally known Jackie for over 30 years, and I always knew he would go on to great things. Congratulations bud!

Apply for the Heating Assistance Rebate Program You can now apply to the Heating Assistance Rebate Program for help with the cost of home heating. You can receive up to \$200 if you qualify for the program. Your rebate amount is based on your income, as reported to Canada Revenue Agency. You can apply online between 14 October 2019 and 31 March 2020.

Thanks: I would like to take a moment to recognize Mary Pellerine of Spryfield for over 50 years of volunteer work in our community. Thank you, Mary for all you do; you make our community a better place.

I would also like to give a big thank you to the parents and volunteers at Sambro Elementary School for another great Thanksgiving dinner. They feed the entire school, volunteers, and community members. Sambro Elementary may be one of the smallest schools in our communities but it by far one of the mightiest.

Congratulations to Fred Norman, the 2019 Toromont Cat Global Operator Challenge Atlantic regional finalist! Fred will be representing our

region on a national level. will be ever-present, extremely active and engaged every step of the way. My commitment to the many communities and residents I serve will be unwavering.”

District 11 has been good to me. And I hope, in some small measure, I have been good to you.

If anyone is interested in offering in the next election, please feel free to contact me. I can go over the issues, the area and the residents. And, of course, confidentiality is assured.

region on a national level.

The Honourable John Buchanan has passed. A lot will be said over the next few days, weeks and months about John; there are so many great stories to tell.

There have been a lot of great MLAs representing our community over the years, such as Michelle Raymond and Robert Chisholm BUT this will always be John's community.

Before I announced that I was going to run for MLA in 2013, I called John to tell him. He was surprised that I called but humbled, he also told me he would not vote for me. :)

Over the years I have had many private conversations with John. I would call him for advice; I would call him to chat or to get the history on an issue. Even though I was Liberal and he was PC he always treated me with respect and honesty.

John was bigger than life and I will always admire the way he treated people, no matter their politics, their background, or their beliefs, I truly believe he always cared and had people's best interest at heart.

I saw John a few weeks before his passing, I stopped in to remind him how much I loved and admired him; it is heartbreaking to know that will be the last time I hear his voice.

His legacy is secured, as he will go down as one of the best to ever do it.

A true man of the people. RIP John M. Buchanan you earned it.

Please contact me anytime: Email Brendan@brendanmaguire.ca Office: (902) 444 0147; Cell: (902) 499 5500 or add me to Facebook



**COUNCILLOR STEPHEN ADAMS
DISTRICT 11**

Spryfield - Sambro Loop - Prospect Road

PO Box 1749, Halifax, NS B3J 3A5
Home: 902.477.0627
stephen.adams@halifax.ca
www.halifax.ca

The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

With November upon us, I want to begin by encouraging residents to attend a Remembrance Day ceremony on Monday, November 11. These ceremonies are powerful and touching moments of collective reflection, and allow us all to express our appreciation for the men, women, and families who serve our country and sacrifice for the security of our great nation. I will be participating in the 11:00am ceremony at the Earl Francis Spryfield Memorial Legion on Sussex Street where community members will lay wreaths at the cenotaph.

November also marks Lebanese Heritage Month in Nova Scotia, and I want to wish all Lebanese Nova Scotians in Armdale and across the province well as we celebrate the growth and accomplishments of our community. For those interested in Lebanese films, the Lebanese Film Festival in Canada will be back in Halifax from November 2-5 to screen five feature films and a collection of shorts. You can visit LFFCanada.com to see the entire program and show times.

Over the last month, we've seen proof of Nova Scotia's continued growth: at 971,395 residents, our province's population hit a new all-time high. Nearly 6,400 immigrants have settled in our province since last year, playing a critical role in strengthening our workforce and growing our economy. What's more, for the first time in our history, Nova Scotia's private sector is now employing over 300,000 people. Focusing on growing our population and supporting job creation is vital to keeping our communities vibrant and supporting the services that all Nova Scotians rely on.

Nova Scotia continues to act to reduce emissions and protect our environment. Last month, the province designated 17 new and expanded protected areas across Nova Scotia, totalling about 7,400 hectares, to help preserve ecological diversity, expand our green economy, and strengthen our province's recreation and tourism sector. While there is still more work to do, progress is being made towards

our goal of protecting 13% of our land. The province is also moving forward with amendments to the Renewable Energy Act to ensure Nova Scotia remains at the leading edge of clean tidal energy developments.

Before you know it, holiday season will be upon us, and I want to remind you of two community events that are fast approaching: On November 18, from 1:00-4:00pm, Melville Heights will host their annual Christmas Craft Fair, bringing local artisans, bakers,

COMMUNITY EVENTS

(continued from page 14)
your time and have an interest in seeing girls succeed in life, please contact us at NS-HarboursideAC@girlguides.ca. Toll Free Phone: 1-800-565-8111. Office in Halifax: 902-423-3735 Website to Volunteer: www.girlguides.ca/volunteernow

• **Harrietsfield Williamswood Residents:**

For those Harrietsfield residents who get water at St. Paul's, note the change in time. When the cold weather sets in the outside tap will be turned off at St. Paul's Church. Residents will be able to fill up water jugs inside the church kitchen Tues to Fri 9 to 3pm.

• **3rd Spryfield Cub Pack** (ages 8 to 10) **and Scout Troop** (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday night at St. Paul's United Church on Old Sambro Road. Contact Robyn Parsons (902-477-1090) or Dan Drabble (902-477-2657) for more info or visit www.scouts.ca.

• Join **Chebucto Family Centre** at Freeman's Fairview every Thursday from 6-8 pm for Chase the Ace! More details online at www.facebook.com/ChebuctoFamilyCentre

• **Chebucto Family Centre** is seeking board members who are passionate about community and families. More details and posting are available on their website, www.HomeOfTheGuardianAngel.ca/board-of-directors

• The future is calling! **The Halifax Community Learning Network** offers FREE tutoring and GED classes for adults

and crafters together to help residents find the perfect gifts, décor, and goodies for the season. On Sunday, November 24, the Spryfield Santa Claus Parade returns for its 46th year, winding down Herring Cove Road from Punch Bowl Drive as we start spreading Christmas cheer in the community. I encourage you to come out with the whole family for the parade, and I hope to see you there.

Applications for the province's Heating Assistance Rebate Program (HARP) 2019-2020 recently opened. The program provides rebates of up to \$200.00 to modest income Nova Scotians to help offset their winter heating

costs. To qualify for HARP, applicants must pay to heat their home and meet the income thresholds. The fastest and easiest way to apply is online at www.novascotia.ca/heatinghelp or by picking up an application from my constituency office.

In closing, I'd like to remind everyone to get their flu shot this year. I was happy to host a pop-up flu shot clinic last month, and was pleased to see residents stop by to receive the free, easy, and effective vaccination. You can get your vaccination from your local pharmacy, or inquire with your primary care provider.

Thank you for your continued support.

at the Captain William Spry Community Centre.

If you wish to learn in a relaxed and friendly setting and work toward the GED high school equivalency test, please call 422-7648 or 490-5715. You can get your GED!

• **Women's Choir Seeking New Members:** Do you like to sing? Looking for an easy going outlet for musical stimulation? Then join the Sorella Singers choir! You don't have to read music, but do need to sing in tune. Practice: Tuesday evenings, 7:15-8:45pm, location: Melville Cove area. For more information or to ask about trying us out for a week, call director Shirley at 902-405-8333.

• **Lion's Rink** offers a seniors' public skate Tuesdays and Thursdays 10am to noon, \$2 admission.

• **Nursing History Nova Scotia** meets every third Wednesday of the month at 1 pm. Tel: Edie @ 902-435-1475 for more information and details if this is of interest to you.

• **Community Connections 55+** welcomes you to a monthly get-together the 3rd Tuesday of the month, 1:00 to 2:30 pm at the Spryfield Legion, to do a different activity each month and socialize with others.

• 32nd Annual Cunard Jr High **Christmas Craft sale** November 16th from 9am to 1:30pm. 121 Williams Lake Road. Admission \$3. Want to rent a table? Contact Brenda Rooney at bdrooney@icloud.com

• **The APSEA Auxiliary is hosting a Fall Fair.** Saturday November 2, 2019, 1-3 pm. 5940 South Street Halifax. Admission \$2.00. Pantry Table, Antiques, new to you, silent auction, canteen and more. Contact Patsy 902-478-4193

• Please join us for the **Women for Music Society's meeting**, November 7, 1-3pm. "Broadway and Beyond" a musical show by Eleanor Hall - Soprano, and June Rigden - Pianist. Refreshments, tea, and social. No admission-charge. New members welcome. Maritime Conservatory of Performing Arts, 6199

Chebucto Road, Halifax, B3L 1K7. www.womenformusic.com.

• **The Winter's Tail Market in Support of Halifax Cat Rescue Society**, December 1, 9-1:00 @ Spryfield Lions Rec Centre, 111 Drysdale Road: crafts, direct sellers, food, music. \$1.00 admission.

Note: Church Service notifications are listed separately on page 5.



Check our Facebook page for late arriving events and changes or updates to listed events

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Earl Francis Spryfield Memorial Branch 152



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.....

Talk to us!
Something to say, or something to share?

Write to:
chebuctoeditor@gmail.com

Jason Doherty Memorial Page



16 DENTITH RD.
HALIFAX, NS
B3R 2H9

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to chebuctoeditor@gmail.com. Check our Facebook page for updates & late arrivals

COMMUNITY EVENTS FOR NOVEMBER Community Health Team (16 Dentith Rd) events:

Free Health Programs for November:

- Personal Wellness Profiles available on November 13th and 27th from 8:30am to 11:30am at the Wellness Centre in Spryfield
- Making the most of your Food Dollars: Two week Program November 22nd and 29th from 1pm to 3pm at Rockingstone Heights School
- How to Speak Assertively: Two week Program: November 21st and December 12th from 10am to noon at the Wellness Centre.

To register, call 902-460-4560 or go to www.communityhealthteams.ca

Capt William Spry Library Events: PROGRAMS FOR ADULTS:

- Let's Salsa! But Not the Dance Kind REGISTRATION REQUIRED Nov. 1st 2:30PM
 - Exploring Food Waste in Canada & Cooking Presentation REGISTRATION REQUIRED Nov. 6th at 6:30pm
 - Andiamo! Let's Go to Italy Tonight! REGISTRATION REQUIRED. Nov. 8th at 2:30pm
 - Christmas Card Making Workshop. REGISTRATION REQUIRED. Nov. 13th at 6:30pm
 - NFB Film Club: Wall Nov. 13th 7pm
 - Ah, Fruit Cake! With Aline Thibodeau. REGISTRATION REQUIRED Nov. 15th 2:30pm
 - Literary Café: Short Stories. Nov. 20th at 6:30pm
 - Holiday Green Screen Photo Booth Party Nov 22nd at 2:30pm
 - Refashioning Inspirations REGISTRATION REQUIRED Nov. 27th at 6:30pm
 - New Year's Resolutions with Verity Vale. Nov. 29th at 2:30pm
- ## PROGRAMS FOR KIDS
- Puppet Show, The Stinky Cheese Man Nov. 9th 11am to 11:30am
 - Holiday Pajama Party Nov. 16th 10:30am to 11:30am
 - Puppet Show, One Winter's Day Nov. 23rd 11am to 11:30am

Earl Francis Spryfield Memorial Legion (7 Sussex Street) Events:

- Bingo every Sunday 1pm. Doors open 12pm
- Chase the Ace: every Wednesday. 5 to 7pm. In partnership with Young at Heart Club. Open to the public.

Food Banks:

- Emmanuel Anglican Church (322 Herring Cove Rd) Call Wed. Pick up Thurs between 9:30am and 10:30am. 902-477-1954
- St. Paul's Family Resource Institute (173 Old Sambro Rd). Call Mon/Tues. Pick up Wed between 10am and 12pm. 902-477-5090.
- Greystone Food Bank; Call in Monday and Tuesday, 902-477-5090. Pick up at 9 Cranberry Court, Wednesday at 1:30

Free meals for those in need:

• Mondays:

– Mobile Soup Kitchen 7pm Bread of Life Ministries (McIntosh St. & 500 Block of Herring Cove Rd)

• Wednesdays:

- 2nd Wednesday of the month, Spry Café 5:30pm at the Chebucto Family Centre (3 Sylvia Ave). Call 902-479-3031 ext 302. Registration required.
- Salvation Army offers continental breakfast during the week and a full breakfast on Thursday mornings.

Harrietsfield/Williamswood Community Centre (1138 Old Sambro Road) Events:

- We are currently looking for volunteers. If you are able to volunteer for a couple of hours a month at our various events please contact Natasha at 902-293-7427
- Nov 17th 4th Annual Christmas Craft Fair 10:00 – 2:00
- Tai Jitsu Wednesday and Thursday nights, 5:20 – 8:00 ages 5 and up, to register contact Natasha 902-293-7427

Quarter Note Singers (Captain Spry Centre) Events:

- JOIN THE CHOIR! You'll Be Glad You Did! The Quarter Note Singers is a mixed adult community choir that has been making music for over a decade at the Capt. William Spry Community Centre. Singers of all levels are welcome; there is no audition. Please contact Mary Jo Mackintosh at 902-423-5636 for more info.

Rotary Club of Halifax North West (Smitty's Restaurant at 362 Lacewood Drive in Clayton Park.) Events:

- Retired? Bored? Check out our club! We are known for the Toonies for Change 50/50 draw in Spryfield, which benefits eight charities in the Spryfield area, but we also support other local causes as well as international projects. To meet great community-minded people and to get involved, join us for lunch any Tuesday at 1200 noon. For more information call Roger Chiasson (902-445-5905) or go to www.rotaryclubhalifaxnw.ca

Spryfield Lions Club (111 Drysdale Road) Events:

- Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.
- Spryfield Lions Club meet every 2nd and 4th Tuesday of the month, 7 pm at the upstairs den of the Spryfield Lions Rink. 111 Drysdale Road. Anyone interested is encouraged to sit in on a meeting, meet some great people and see how you can help your community. For additional information, please call 902-475-1878
- Spryfield Lions also collect hearing aids, CPAC machines and glasses for refurbishment and distribution. Items can be dropped off at regular bi-monthly meetings or our weekly bingo at the Rec Centre.

Urban Farm of Spryfield Events:

- Monthly meeting will be held on November 18th at 7pm at the Capt. William Spry

Centre. All Welcome to attend.

Forever Young Seniors' Club (212 Herring Cove Rd):

- Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.
- Chase the Ace: Every Wednesday. 5pm to 7pm. In partnership with Spryfield Legion 152. Open to the public
- Christmas Craft & Bake sale, to be held on Saturday, 9 November 2019, from 9 a.m. to 2 p.m. at The Golden Age Centre at 212 Herring Cove Road. Tables to rent \$10.00 plus \$1.00 admission fee. Lunch will be available for a small fee. Contact Edna @ 902-477-5842 to rent a table.

City Church (276 Herring Cove Road) events:

- City Church Telephone #: 902-479-248
- c.citychurch@ns.sympatico.ca
- www.citychurchhalifax.ca
- City Church Christian Radio Station Life 94.7 FM
- Dec 13-15 7 PM... A Christmas Musical Comedy: "Who Forgot Christmas?" FREE ADMISSION

Emmanuel Anglican Church Hall (322 Herring Cove Rd.) events:

- 902 477-1783, website emmanuelanglicanchurch.net
- YMCA Older Adult Fitness Class - "Forever Strong" Monday, Wednesday, Friday 10:00-11:00 AM Annual registration fee \$10 Drop in fee/ class \$4
- Hall for rent, Call, 902-477-1783.
- Food Bank on Thursday mornings 9:30 - 10:30. Please call ahead, 902-477-1954.

Parkhill United Church (5 Kirk Road) Events:

- Church Indoor Yard Sale: Saturday, 16 November, 9 am to noon

Salvation Army (328 Herring Cove Rd) Events:

- Tuesday afternoons at 2:00 pm we have a time of prayer and cell group ministry.
- Sewing Club is on Mondays 9 am to 1 pm.
- Kid's Club is every Thursday at 3:30 pm until 4:30 pm
- Baby Song is Wednesday at 9:30-1100 am.
- Ladies Fellowship is on the 2nd Thursday of the Month at 2:00pm
- Our Remembrance Day Church Service will be November 10, at 11:00am

St. James Anglican Church, Herring Cove (1 Harrigan's Road) Events:

- Annual Christmas Turkey Supper and Social on Saturday November 30, 2019. The supper and bake table will run from 4:00-6:00pm (eat in or take out. Local delivery is available by calling 902-237-1349) and the Merchandise Bingo will start at 7:30pm.

St. James Anglican Church (2668 Joseph Howe Drive – at the Armdale Rotary) events:

- Meeting space is available for rent.

Please contact Sarah-Jane at 902 477-4106

St. James United Church, Sambro (3811 Old Sambro Road) Events:

- Gingerbread Tea and Chinese Auction on Saturday, November 16 from 1 to 3pm. Come out for delicious Gingerbread, the Chinese Auction and the cake walk. Lots of fun for everyone!
- Down home Christmas Concert on Sunday, December 8th at 6:30pm to 8:45pm. Free will offering/Encourage Food bank donations St James Choir, Sambro School choir and many talented musicians from the surrounding communities
- Nov 15, noon-1pm Soup Lunch Cost by donation

St. Michael's Church (14 St. Michael's Avenue, Spryfield) Events:

- Bingo! Friday November 1, 8, 15, 22 & 29th. Doors open at 5:30pm. Mini game starts at 6:30pm and regular games begin at 7pm. 50/50 draw, canteen, and more!
- Playgroup every Tuesday morning at 9am.
- New Year's Dance Tickets go on sale October 15th. \$15.00 person. Band: Nee Deep.
- St Michael's Annual Roast Beef dinner Sunday November 17th; Time: 4-6 pm Adults \$15.00; Children \$7.00 Children under 5 free

St Paul's United Church (173 Old Sambro Road) Events:

- Recycling on the 3rd Saturday of the month. Drop off between 10am and 1pm. Or, call Elaine at 477-2376 to have them picked up
- Outdoor water tap is now on 24 hours a day.
- Cindy Tingley is pleased to announce the launch of her book, Lily's Desert Adventure, on Friday, November 1 at 6:00 at St. Paul's United Church. This is the second book in this children's series, featuring Lily, the donkey. All are welcome to come and meet Cindy and learn of this delightful series.

Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community room is available for rent on Tuesday and Wednesday evenings and daytime Monday through Friday! Includes access to kitchen, bathrooms, storage, and parking. Please contact Rev. Pauline Coffin at 902-477-4099 email: sccc@gmail.ca, facebook: Spryfield Christian Community
- Chimo Taekwondo Club. Training: Monday, Thursday @ 6:30 Saturday @10:30 am

Other Events and Notices:

- **Hand in Hand** (440 Herring Cove Road) which is operated by the St Vincent de Paul Society: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 5pm and Closed on Sundays.
- **Girl Guides of Canada** We are in desperate need of leaders. If you can give of (See Community Events on page 13)

www.DanDoherty.ca



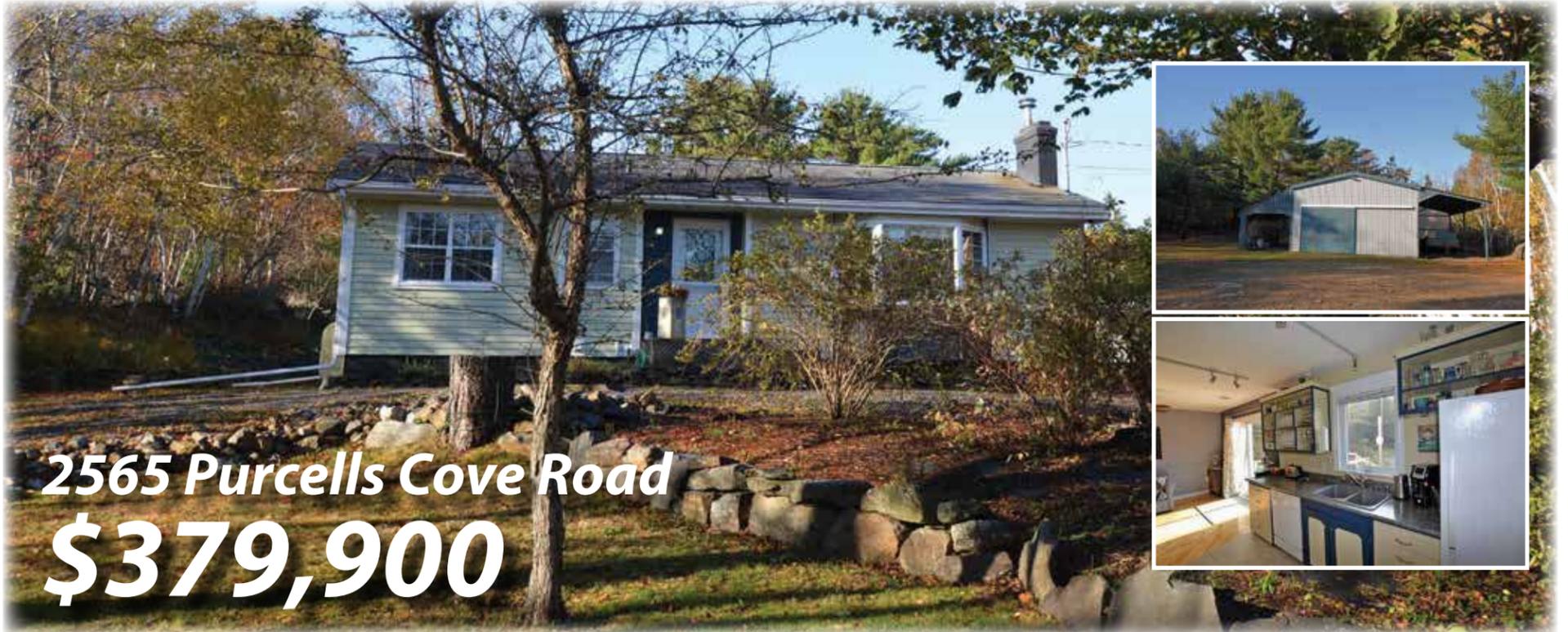
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2565 Purcells Cove Road
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Located just 30 seconds away from the Royal Nova Scotia Yacht Squadron, this bright and sunny, well loved bungalow is just waiting for you to move in! Located in a prime area of Purcells Cove this home offers a peaceful, private country setting, is close to walking/biking trails, beaches and nearby marinas, all the while being minutes from downtown! Large level backyard on a huge lot, offering a detached double car garage, shed and two car ports. The home features 2 bedrooms on the main level, with the larger one currently used as a den, but can easily be split into 2 bedrooms if desired. There's a spacious living/dining room, with beautiful hardwood floors, lovely fireplace with airtight insert, and lots of natural light. The country kitchen is well laid out and offers built in wall oven & countertop stove. Downstairs, the owner currently is using one of the rooms as a bedroom, and the large rec room and bathroom all offer a comfortable space for relaxing. This home also features a permanent wired generator in the event of power outages. Close to all amenities, this one won't last!



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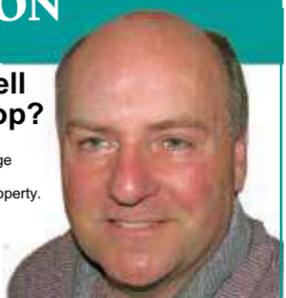
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